

Foodie Corner

FRI, MARCH 13 Pie and Coffee

Sample a selection of pies as you meet and mingle with old friends and new faces. Coffee is served and a few sugar-free options will be available.

1-2:30 p.m. 4601.102 \$3/\$4

THUR, APR. 23 Soup Days

Bring or meet a friend for a hearty, healthy lunch of delicious chicken noodle soup, with fresh rolls and dessert, all for just \$3.50. Proceeds benefit the Goodfriends scholarship program.

11 a.m.-1 p.m. \$3.50 at the door

SAT, MAY 2 30th Annual Pancake Breakfast

Dig into a hearty family breakfast at the annual pancake breakfast benefiting special interest groups and the Goodfriends scholarship. Tickets go on sale February 23.

7-10 a.m. \$4 per plate

March Activities

TUES, MARCH 17

Birthday Lunch

Catch up with your friends over a St. Patty's Day inspired meal of corned beef and cabbage, roasted potatoes, glazed carrots and Inglenook cream puffs for dessert. Signup deadline is March 12. Doors open at 11:45 a.m. for wheelchair seating and other accommodations.

Noon - 1:30 p.m. 4201.103 \$7/\$8



On the Horizon

THUR, APRIL 16

NEW! Trinity United Methodist Church Tour in Denver

Tour one of the finest examples of "modern gothic" architecture in the United States.

11 a.m. - 3 p.m. 4501.127 \$7/\$8

THUR, APRIL 30

Buffalo Bill's Grave & Museum in Golden

Travel with us to Golden and explore the life, times and legend of "Buffalo Bill" William F. Cody.

10:15 a.m. - 4 p.m. 4501.131 \$9/\$10



City of Commerce City
Department of Parks and Recreation
6060 East Parkway Drive
Commerce City, CO 80222

Information: 303-289-3720
Registration: 303-289-3789
Senior Desk: 303-289-3756

RECREATION CENTER HOURS

M-F 5:30 a.m.-9:30 p.m.
Sat 8 a.m.-5:30 p.m.
Sun 8 a.m.-5:30 p.m.

SENIOR CENTER HOURS

M-F 8:30 a.m.-3:30 p.m.

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Commerce City
Colorado
80022

COMMERCE CITY ON THE Move



More than 25 participants provided feedback at the annual focus group on Feb. 3.

Focus group provides valuable feedback

The parks and recreation department hosted its fifth annual senior focus group on Feb. 3.

More than 25 older adult and community members attended the focus group, providing valuable suggestions and feedback regarding senior and older adult programming.

Group discussion addressed programs (activities, day trips, events, and extended trips), health and wellness programs, outreach and marketing, and recreation center operations.

The focus group began with light snacks and refreshments followed by a presentation on successful outcomes from 2014.

The group took part in an anonymous feedback period and

finished with facilitated group discussion time.

Ideas and suggestions were collected and voted upon by all individuals in attendance.

Moving forward, the bulk of these suggestions will be delegated to senior advisory committees, comprising of health and wellness, outreach and program committees, as well as the umbrella committee made up of senior volunteers representing all committees.

"2015 will be a busy year, as we work towards implementing many of the ideas generated by the focus group, with a goal to present these outcomes to City Council in November," said Derrick Tripp, senior services supervisor.

March 2015

Programs, Excursions
and Services for Seniors
and Older Adults

Have some free time? Volunteer for senior services!

Make a difference in the senior community and volunteer to be a van driver or senior courtesy desk receptionist in the senior services area. Qualifications required, but are not limited to: good customer service skills, able to communicate effectively, maintaining cleanliness, basic computer skills, tracking of information, van driver certification (provided), and ability to assist with the loading and unloading of passengers on vans. Volunteers are recognized at an annual dinner in the fall.

If you are interested in a volunteer position with the Commerce City Senior Services area, please contact Derrick Tripp at 303-289-3761 or dtripp@c3gov.com.

Explore South Dakota May 4-7

Join us on a 3 night, 4 day trip in a deluxe motor coach to South Dakota! Stay and play at Deadwood Gulch Gaming Resort, with guided tours to Mount Rushmore and bear country (first choice, if open for season) or Crazy Horse (second choice). Three breakfasts and one dinner is included, plus free appetizers are available in the casino lobby from 4-10 p.m. every evening.

COST: Resident and non-resident trip fees are \$285 per person based on double occupancy.

DEADLINE: March 31, 2015.
No refunds or credits on or after March 31.

See Vicki Masters for more information or call 303-289-3764.

Make new friends with with great programs and activities.

We're Outta Here

For trip details, see the parks and recreation activities guide at www.c3gov.com/recreation, or call 303-289-3764.

THUR, MARCH 5 • Shop Around Town (Craft) • Denver (2)
Shop for arts and crafts items for your next project.
9 a.m.-5 p.m. 4401.103 \$6/\$7

SAT, MARCH 7 • Japanese Doll & Cultural Show • Arvada
(2) View elegant Japanese doll displays, origami exhibits and more. Bring cash for on site lunch.
11 a.m.-5 p.m. 4501.119 \$9/\$10

MON, MARCH 9 • Lunch Out "Maggie Smith's Irish Pub" Centennial (1) Enjoy lunch in an authentic Irish pub atmosphere.
10 a.m.-3 p.m. 4501.120 \$6/\$7

WED, MARCH 11 • Mystery Trip ??? (2)
A surprise trip with staff awaits you. Sign up early!
9 a.m.-5 p.m. 4501.109 \$10/\$11

THUR, MARCH 19 • Thompson House Inn & 1802 Tea Longmont (1) Enjoy afternoon tea. Bring \$23.50 in cash for lunch fee (on own).
10 a.m.-3 p.m. 4501.121 \$6/\$7

SAT, MARCH 21 • Denver March Powwow • Denver (2)
Observe the rich cultural heritage of Native American song and dance.
Noon-5 p.m. 4501.122 \$7/\$8

MON, MARCH 23 • Dinner out "Moonlight Diner" • Denver
(1) Step back in time and enjoy dinner in this 1950s diner.
4:30-8 p.m. 4501.105 \$6/\$7

WED, MARCH 25 • National Center for Atmospheric Research • Boulder (2) Touch a cloud, steer a hurricane, take a look at the sun and more.
9 a.m.-4 p.m. 4501.123 \$6/\$7

FRI, MARCH 27 • Lunch & Movie • Denver (1)
Enjoy lunch and an afternoon matinee. Movie admission is included in trip fee.
11 a.m.-5 p.m. 4501.124 \$6/\$7

TUE, MARCH 31 • Historic Hover Home Tour • Longmont
(3) Tour this impressive brick residence and formal gardens led by docents dressed in period-vintage costumes. Tour includes some stair climbing.
9 a.m.-4 p.m. 4501.125 \$18/\$19



Please review these "rules of the road" for trip information and exertion levels, which appear in parentheses next to trip titles:

LEVEL 1

Parking lot, short walking distance, minimal activity.

LEVEL 2

Moderate activity and walking distance, some stairs.

LEVEL 3

Extended walking distance or stairs, outside, higher elevation.

Trip fees are non-refundable after the posted cancellation deadline or within seven days of the trip. Meal costs are not included unless noted. Meal cost ranges: Breakfast, \$8-12; Lunch, \$10-15; Dinner, \$12-25.

IN THE News



City rolls out new residential trash and recycling service

This spring, Commerce City is switching residential trash and recycling collection services to a fully automated system which reduces environmental impacts, improves neighborhood appearance and continues to provide quality pick-up service as the city grows.

Beginning at the end of February and through March, all eligible households will receive two new 96-gallon cans, one for trash and one for recycling.

Most households will not experience a change in collection day and those that do will be notified through mail at least a week before a change.

For more information about the service and to check when your new cans will arrive, visit c3gov.com/trash, swing by the recreation center and view the display, or call 1-800-482-6406.

Wellness CORNER

Tips for staying forever young

Get active without going to the gym

Getting active does not require long hours at the gym. One of the best ways to start an activity program is to make small adjustments while slowly increasing activities of daily living. Here are a few ideas to get you moving without going to the gym.

1. Park further away
2. Take the stairs instead of elevators
3. Play interactive games like Wii Fit or light wall
4. Start a garden
5. Walk to the store or to a friend's place
6. Play billiards or table tennis
7. Go on a nature hike

Play like a kid again at the Forever Young event in the Commerce City Recreation Center game room. Try your hand at a variety of games including Wii®, Kinect® and the light wall game. You will be surprised how much fun exercise can be. Light, healthy snacks will be provided.

Fri 3/20 11 a.m. - 1 p.m. 4601.103 \$3/\$4

Don't Miss It!

FRI, FEB. 27

Coffee with Derrick

Meet Senior Services Supervisor Derrick Tripp and learn about his journey from Iowa to Colorado. This is a free event but please register so we know how much coffee to make. Space is limited.

9-11 a.m. 4701.106 FREE

WED, MARCH 4

Spring Gardening Preparation with O'Tooles Gardening Center

Come learn what blooms best in the spring months and other tricks of the trade to create a garden that makes your neighbors take notice.

10 a.m.-Noon 4701.103 \$2/\$3

TUE, MARCH 24

March Movie Matinee

Join us at the senior center for the movie "Unbroken." The movie matinee is a monthly event and one of many free and fun drop in events that we host at the senior center, from beading to billiards and more. Contact Zach Roth at 303-289-3720 for any questions you have about our drop in programs.

1 p.m. Game Room FREE

THUR, NOW - APRIL 9

FREE Tax Assistance

Volunteers from the Adams County Treasurer's Office are providing free tax preparation and electronic filing for taxpayers with a combined income of \$56,000 or less. Beginning every Thursday now through April 9, from 8:30 a.m. - 2:30 p.m. volunteers are available to assist with tax preparation at the recreation center. Taxpayers are helped on a first-come, first-serve basis; no appointments needed.

Bring copies of the following:

- Last year's tax return (copies not provided)
- All W-2 forms, 1099 forms, proof of household income and deductible expenses
- Security cards for you and your dependents

8:30 a.m. - 2:30 p.m. FREE

Commerce City Recreation Center

MARCH 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Noon Dominoes 1:30 p.m. Line Dance	3 Noon Potluck & Bingo	4 9 a.m. Quilting & Sewing 10 a.m. Spring Gardening with O'Tooles Gardening Center	5 8:30 a.m. Tax Assistance 9 a.m. Shop Around Town in Denver (craft)	6 10 a.m. Beading Noon Card Games	7 11 a.m. Japanese Doll & Cultural Show
8 RECREATION CENTER CLOSED	9 9 a.m. Scrapbooking & Cardmaking 10 a.m. Lunch Out "Maggie Smith's Irish Pub" Centennial Noon Dominoes 1:30 p.m. Line Dance	10 1 p.m. Bunco	11 9 a.m. Quilting & Sewing 9 a.m. Mystery Trip	12 8:30 a.m. Tax Assistance	13 10 a.m. Beading Noon Card Games 1 p.m. Pie and Coffee	14
15	16 Noon Dominoes 1:30 p.m. Line Dance	17 Noon Birthday Lunch 	18 9 a.m. Quilting & Sewing	19 8:30 a.m. Tax Assistance 10 a.m. Thompson House Inn & 1802 Tea	20 10 a.m. Beading 11 a.m. Forever Young Noon Card Games	21 Noon Denver March Powwow
22	23 Noon Dominoes 1:30 p.m. Line Dance 4:30 p.m. Dinner Out "Moonlight Diner"	24 1 p.m. Movie Matinee	25 9 a.m. Quilting & Sewing 9 a.m. National Center for Atmospheric Research in Boulder	26 8:30 a.m. Tax Assistance 1 p.m. Bingo	27 10 a.m. Beading 11 a.m. Lunch & Movie Noon Card Games	28
29	30 Noon Dominoes 1:30 p.m. Line Dance	31 9 a.m. Historic Hover Home Tour in Longmont				

For more information, contact the Commerce City Recreation Center at 303-289-3720.
All events are at the Commerce City Recreation Center unless otherwise noted.



MARCH BIRTHDAYS

Mike Ashby - March 3	Dick Hedges - March 7	Joe Sandoval - March 2
Ethel Badsky- March 27	Gilbert Hernandez March 13	Virginia Sargent - March 16
Elvira Benefiel - March 21	Patricia Hernandez March 14	Virginia Schlitt - March 20
Sharrell Boen - March 9	Elsa Herrera - March 29	Bob Schmidt - March 17
Gwen Brooks - March 3	Marija (Mary) Hirschfeld March 30	Betty Smiley - March 28
Muzette "Penny" Burrows March 13	Lucy Holguin - March 4	Irene Stertz - March 17
Bernice Cardenas March 30	Ilene Hudson - March 24	Joyce Strahler - March 22
Mary-Lou Coppens March 16	Anita Jackson - March 29	Jean Swain - March 18
Pat Cordova - March 23	Ruth Jacobsen - March 16	Wilhelmine Tauche March 15
Doyle Croft - March 29	Ken Johnson - March 5	Spencer Thompson March 1
Winnie Davis - March 9	Donald Locke - March 2	Margaret Torres March 3
Patricia A. Deden March 28	Judy Marie Locke March 21	Janice A. Tuufuli March 7
Raymond Dones - March 18	Salome Lopez - March 5	Joan Vanpelt - March 30
Priscilla Ann Dow March 6	Jennie Loveridge March 12	Gloria Villa - March 2
Johanna Dreher - March 3	Manuel Marin - March 25	Ralph Villano - March 9
Carol Drury - March 6	Elizabeth Martinez March 31	Maggie Vitali-Cornell March 20
Gloria Dudley March 9	Marie Mascarenas March 30	Gerald VonFeldt March 25
Velma Echols - March 6	Jean Mervin - March 6	Margaret Webb March 4
Eloy E. Finn - March 1	Dora Miera - March 16	Sarah Wernimont March 24
Pauline Flowers - March 30	Dorothy Miller - March 1	Fred Wood - March 4
Eleanor Fresquez March 20	Lois Miller - March 20	Pauline Woods - March 4
Beverly Friess - March 5	Bruce Moorey - March 1	Ken Wright - March 18
Corine Garcia - March 10	Antonio Muniz - March 6	Karen Yack - March 24
Mary H. Garcia - March 31	Carol Norman - March 29	Youko Yamasaki March 5
Caroline Goodboe March 25	Helen Peters - March 16	Nance Zeiler - March 3
Helen Goto - March 11	Donna J. Raitz - March 23	Robert Zito - March 18
Maria Guzman - March 18	Patricia Rawson - March 27	Joy Zlomke - March 26
Elizabeth Guzowski March 7	Laurel Reisdorph - March 8	
Leona Heater - March 30	Keith Rogers - March 26	
	Donald Rouze - March 26	
	David Sandoval - March 8	

IMPORTANT NUMBERS

CITY OF COMMERCE CITY

Department of Parks
and Recreation
6060 East Parkway Drive
Commerce City, CO 80222

Information: 303-289-3720
Registration: 303-289-3789
Senior Desk: 303-289-3756

RECREATION CENTER HOURS

M-F 5:30 a.m.-9:30 p.m.
Sat 8 a.m.-5:30 p.m.
Sun 8 a.m.-5:30 p.m.

SENIOR CENTER HOURS

M-F 8:30 a.m.-3:30 p.m.

A-Lift
303-235-6972

Adams County Department
of Human Services
303-287-8831

Adams County Income
Tax Assistance
303-654-6163

Adams County Senior Hub
303-426-4408

Adams County Workforce Center
303-452-2304

Commerce City Housing Authority
303-289-3698

Commerce City Recreation Center
303-289-3760

Commerce City Senior Center
303-289-3756

Denver Art Museum
720-865-5000

Denver Aquarium
303-561-4550

Denver Center for the
Performing Arts
303-893-4000

Denver Museum
of Science & Nature
303-370-6000

Denver Zoo
303-376-4800

Dick's Sporting Goods Park
303-727-3500

Metro Volunteers
303-282-1234

RTD Access-a-Ride
303-299-2960

RTD Call-n-Ride
303-994-3549

RTD Senior Ride
303-299-6503

Salud Clinic
303-286-8900

Seniors, Inc.
303-300-6900

Seniors Resource Center/
Job Training Center
303-235-6982

Visiting Nurses Association
303-744-6363

Volunteers of America
303-297-0408